

# HEALTH AND PHYSICAL EDUCATION INFORMATION GUIDE



*"A healthy outside starts from the inside."*

**Robert Urich**

**Kilbreda College**

A Kildare Education Ministries School in the Brigidine Tradition







**The learning and teaching program at Kilbreda College is both dynamic and innovative, catering for the students' spiritual, academic, social, emotional and physical development. Students are challenged to be creative, critical and reflective thinkers and to develop a broad and transferable skill set. Opportunities for both independent and collaborative learning are provided and contemporary technologies are integrated throughout the learning and teaching program.**

With schools playing an increasingly critical role in supporting students to make healthy lifestyle choices and to understand these choices on health and wellbeing, this Learning Area strives for participation from everyone. Therefore, the College offers an extensive and comprehensive Health and Physical Education program that is tailored to the needs of students at their various stages of development.

Health is a core subject from Year 7 to 10 and students have the option of choosing an elective at Year 10, before further pursuing VCE Health and Human Development. The theme of the Year 7 program begins with the URSTRONG program, where students work on friendship skills that help them to establish and maintain relationships. They then focus on 'changes', where students explore and discuss ways of dealing with social issues and emerging health issues in society. The physical challenges and changes that occur with puberty is also explored. At Year 8, the students explore the safe use of technology, healthy and safe relationships, as well as ways to reduce harm considering their increasing independence, the responsibility that comes with this and their values. In Year 9, nutrition, body image and a range of emerging health issues are explored and in Year 10 the emphasis is on responsible decision making.

Physical Education is also offered from Years 7 to 12. Students are involved in a range of physical activities, which includes bicycle education and swimming programs at Year 7, a lifesaving program at Year 8 and a self-defence program at Year 9. Each year level focusses on a number of different sports throughout each semester. The focus in Year 10 is on recreational activities that encourage lifelong participation in physical activity and exercise. Students also have the opportunity to choose elective subjects at Year 9 and 10, if they are interested in pursuing Physical Education further in Years 11 and 12.

The Physical Education program is designed to ensure students are motivated to participate all year through. Sports include but are not limited to; Athletics, Aerobics, Australian Rules Football, Badminton, Basketball, Cricket, Dance, European Handball, Fitness, Hockey, Lacrosse, Netball, Soccer, Softball, Swimming, Tennis and Volleyball.

There are many excursions across these subjects including utilising our local beach, bike rides, fitness, trampolining and the Melbourne Cable Park.

# HEALTH AND PHYSICAL EDUCATION

## Health and Physical Education Curriculum

The Health and Physical Education curriculum includes a range of core subjects and electives, both semester based and year long.

YEAR 7	YEAR 8	YEAR 9
<b>Core Studies - Year Long</b>	<b>Core Studies - Year Long</b>	<b>Core Studies - Year Long</b>
<ul style="list-style-type: none"> <li>Health Education</li> <li>Physical Education</li> </ul>	<ul style="list-style-type: none"> <li>Health Education</li> <li>Physical Education</li> </ul>	<ul style="list-style-type: none"> <li>Health Education</li> <li>Physical Education</li> </ul>
		<b>Elective Studies – Semester Based</b>
		<ul style="list-style-type: none"> <li>Fit for Life</li> <li>Duke of Edinburgh International Award</li> </ul>
YEAR 10	YEAR 11	YEAR 12
<b>Core Study - One Semester</b>	<b>Elective Studies – Year Long</b>	<b>Elective Studies – Year Long</b>
<ul style="list-style-type: none"> <li>Health and Physical Education</li> </ul>	<ul style="list-style-type: none"> <li>Health and Human Development 1&amp;2</li> <li>Physical Education 1&amp;2</li> <li>VCE VET Certificate III in Sport and Recreation</li> </ul>	<ul style="list-style-type: none"> <li>Health and Human Development 3&amp;4</li> <li>Physical Education 3&amp;4</li> <li>VCE VET Certificate III in Sport and Recreation*</li> </ul>
<b>Elective Studies – Semester Based</b>		
<ul style="list-style-type: none"> <li>Health Priority #1</li> <li>Human Movement</li> </ul> <b>Accelerated Studies (VCE Units 1&amp;2)</b> <ul style="list-style-type: none"> <li>Health and Human Development</li> <li>Physical Education</li> <li>VCE VET Certificate III in Sport and Recreation</li> </ul>		

\*Two year certificate (Must have commenced prior to Year 12 to receive the VET qualification)

## Cocurricular and Enrichment Opportunities

- Interschool Sport Competitions
  - Catholic Girls Sports Association of Victoria (CGSAV)
  - Champions Cup Basketball Championships
  - Independent Schools Golf
  - Netball Victoria Schools Championships
- South Eastern Girls Activity Program (SEGAP)
- Victorian All Schools Athletics
- Victorian All Schools Cross Country
- Victorian All Schools Snow Sports
- Lunchtime Sport

## Annual Events

### House Athletics Carnival

A carnival that involves all staff and students and encourages students to participate in athletic events (including novelty events) aimed at all skill levels. The focus of the day is to have fun and show House spirit.

### House Fun Run

A run that takes place at Karkarook Park, which encourages participation from all students to have fun and earn House points.

### House Swimming Carnival

Like the House Athletics Carnival, this carnival also involves all staff and students and encourages students to participate in swimming events (including novelty events) aimed at all skill levels. The focus of the day is to have fun and show House spirit.

To find out more information about  
Health and Physical Education  
at Kilbreda College, please contact:

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**Health and Physical Education**

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This flier is correct as of March 2025, however may be subject to change.



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